



# Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries

By Kate O'Shea

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## **Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries** By Kate O'Shea

Studies show that patients who contribute to their own treatment and recovery fare better in rehabilitation. Tailoring the concept for those suffering from joint pain, orthopedic psychologist Kate O'Shea draws from her patients and her own congenital hip problems (she has four major surgeries by the time she was thirteen) to describe a program for caring for the emotional and physical body while healing joint pain or after surgery. Conventional medical care, though technologically sophisticated, often ignores the humanity of individuals--patients are on their own once they are home. *Healing Hip, Joint and Knee Pain* offers exercises, breathing techniques, visualization and writing suggestions for becoming aware emotionally and for enhancing awareness of the healing joint. Drawing from Rosen work, Feldenkrais, Eutony, and orthopedic psychology, O'Shea provides the reader with inviting methods to hasten healing.

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## **Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries** By Kate O'Shea **Bibliography**

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### Editorial Review

#### Review

"How carelessly and often roughly we use our bodies, for the most part--and how lacking we are in understanding what they are trying to tell us. *Healing Hip, Joint and Knee Pain* fills the gap so often left by a purely anatomical or surgical approach."

- Oliver Sacks, M.D.

*"Healing Hip, Joint and Knee Pain* is a gem of a book. It guides individuals in making changes in their lives that contribute to their whole being. The experiential illustrated exercises help the reader learn new skills to promote self-healing."

- Barbara Dossey, RB, MS, FAAN

"Discussing 'moving back into your body' after surgery, coping with damage to your physical self, and trusting your emotional and physical structure, Kate O'Shea helps you to become a more active participant in your health--and whole life."

- *Yoga Journal*

#### About the Author

Kate S. O'Shea M.A., lives on a houseboat in Sausalito, with her husband, Herb Isenberg, their two dogs, and two cats.

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